

Wellbeing Wins: Integrating Positive Psychology into the Autism Community

Autism Research Institute | September 2024



WELCOME

MEET
Patricia

Executive Director

"Committed to making the world a better place while having fun. I'm a lifelong educator who knows that collaboration builds stronger outcomes."





About Proof Positive

Proof Positive is a leading non-profit organization dedicated to **improving the wellbeing of autistic people and their families, providers and communities** by intersecting autism services with positive psychology.

Simply put, we are ...

Spreading the Science and Skills of

HAPPINESS



Current Wellbeing Crisis



Wellbeing outcomes for people living with autism remain unacceptably low.

- 38% of employed autistic adults report being underemployed
- A more than a 3-fold higher rate of suicide attempt and suicide
- Many autistic adults report being lonely
- 37% of autistic young adults are disconnected from school/work after high school
- Autistic individuals have higher rates of mental health disorders

Current Wellbeing Crisis



Families and social service providers need additional support:

- Recruitment and retention
- Increase in demand by 41% for Direct Support Professionals between 2016 and 2026
- Families report extreme challenges in accessing appropriate services



The Proof Positive Solution

Integrate positive psychology and autism intervention by **spreading the science and skills of happiness.**

Everyone deserves happiness, including those with autism.



WELCOME

MEET
Katie

Chief Wellbeing Officer

"I believe passionately in the potential for human flourishing. Positive psychology allows me to cultivate growth through meaningful connections and joy."





the science.



Happiness Can Be Learned ...

Let's improve future wellbeing outcomes



People who practice positive psychology experience ...

- Increased wellbeing and life satisfaction
- Longer, healthier lives
- Improved sleep quality
- Stronger relationships
- Increased performance at school and work
- Lower levels of depression and anxiety



What is Positive Psychology?

“Positive psychology is the scientific study of human strengths and virtues. The study of what constitutes the pleasant life, the engaged life, and the meaningful life.”

— Dr. Seligman

“Positive psychology is the study of the conditions and processes that contribute to the flourishing or optimal functioning of people, groups, and institutions.”

— Dr. Gable



PERMA+ Theory of Wellbeing



PERMA+ Theory of Wellbeing



Positive Emotions

Experiencing and striving to feel a variety of positive emotions.



Engagement

Having interests and pursuits that captivate us and leave to regular experiences of flow.



Relationships

Connect with others. Build a stronger environment in which you and others can flourish.



Mattering

Creating purpose, passion, and fulfillment by connecting to and serving something larger than yourself.



Accomplishment

Pursue bigger and better goals. Push yourself to reach new boundaries.



+Health

Engage in the 3 pillars of physical health with intention — sleep, nutrition, and movement.



Science



Positively Proven

Proof Positive is committed to providing the autism community with science-based resources and the latest information to support wellbeing. Here, we have curated relevant research studies to enrich your learning and wellbeing practice. Check back regularly, as we'll be adding additional articles and studies as the research evolves.

Autism + Positive Psychology

Character Strengths

Gratitude

Mindfulness/Meditation

Movement

Positive Emotions

Positive Organizations

Wellbeing & PERMA+



Autism + Positive Psychology

 [Learn More >](#)



the skills.

SKILL #1
PERMA+
SNAPSHOT

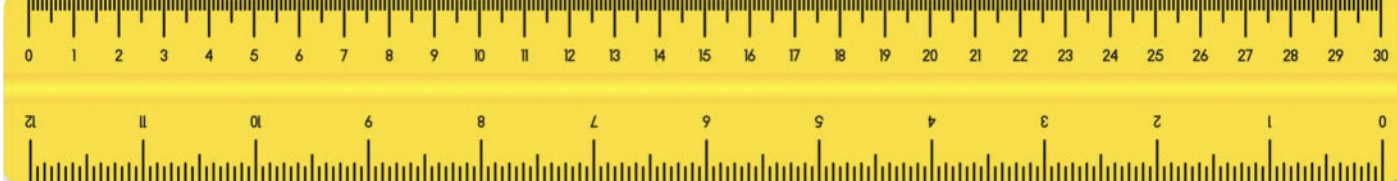
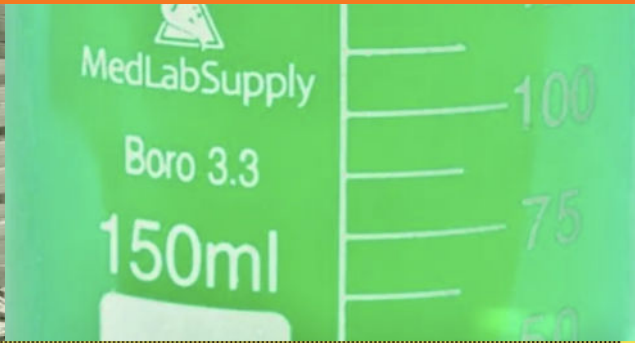


PERMA+ Snapshot allows you to track your wellbeing overtime and explore the topic of wellbeing with those around you.





Things We Measure



- can we measure wellbeing?



PERMA+ Snapshot



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[Skills & Resources](#)

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Wellbeing Survey

This survey helps track where you are in each aspect of wellbeing and point to areas where you might want to make changes. Don't overthink your answers — simply select how you feel today on a scale of 0-10 with 10 being VERY WELL! Use this tool to monitor wellbeing over time.



POSITIVE EMOTIONS

How much joy, gratitude, serenity, or love have you felt lately?

1 10



SKILL #2

WHAT WENT WELL



The act of training your brain to mindfully notice, remember and track the good things that happen each day.



Benefits of What Went Well

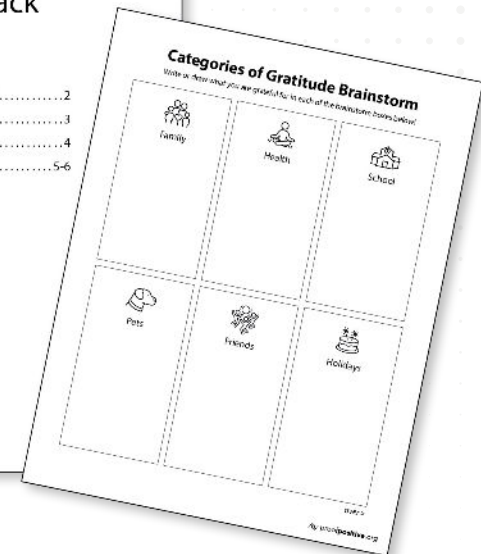
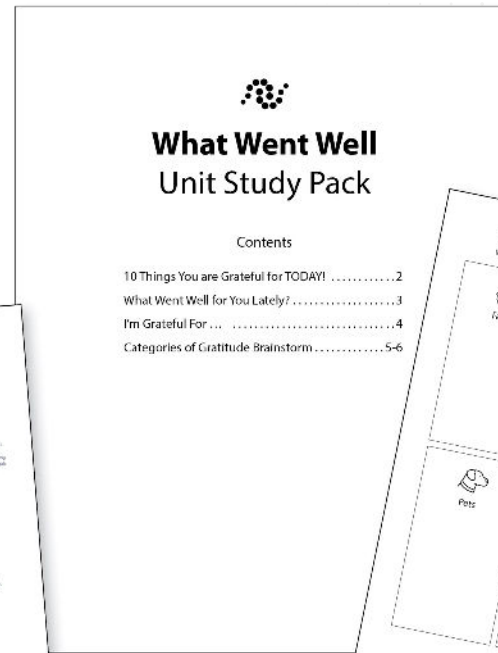
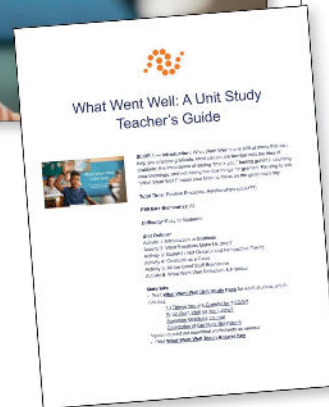
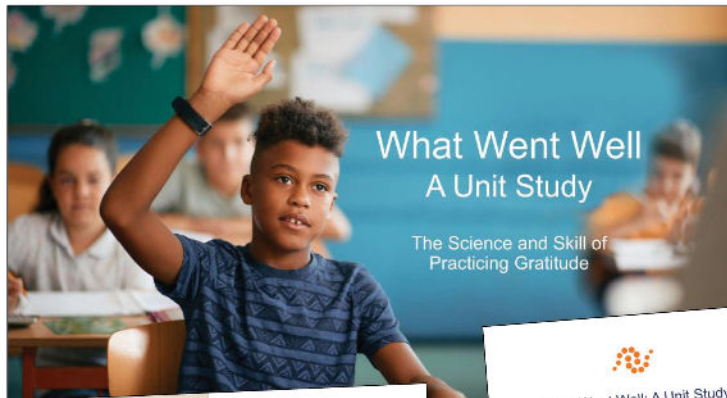
- Live longer, healthier lives
- Fall asleep faster and stay asleep longer
- Perform better at school, work and extracurricular activities
- Have stronger relationships
- Are less depressed and anxious

Based on the works of Robert Emmons and Martin Seligman

How to Practice What Went Well

- Get a journal, notepad, or app on your device
- Set a time each day that you will practice What Went Well
- Write down at least 3 good things from the day
- Reflect on what made each good thing special
- Share your good stuff with a friend or family member

Teach What Went Well



SKILL #3

Jolts of Joy



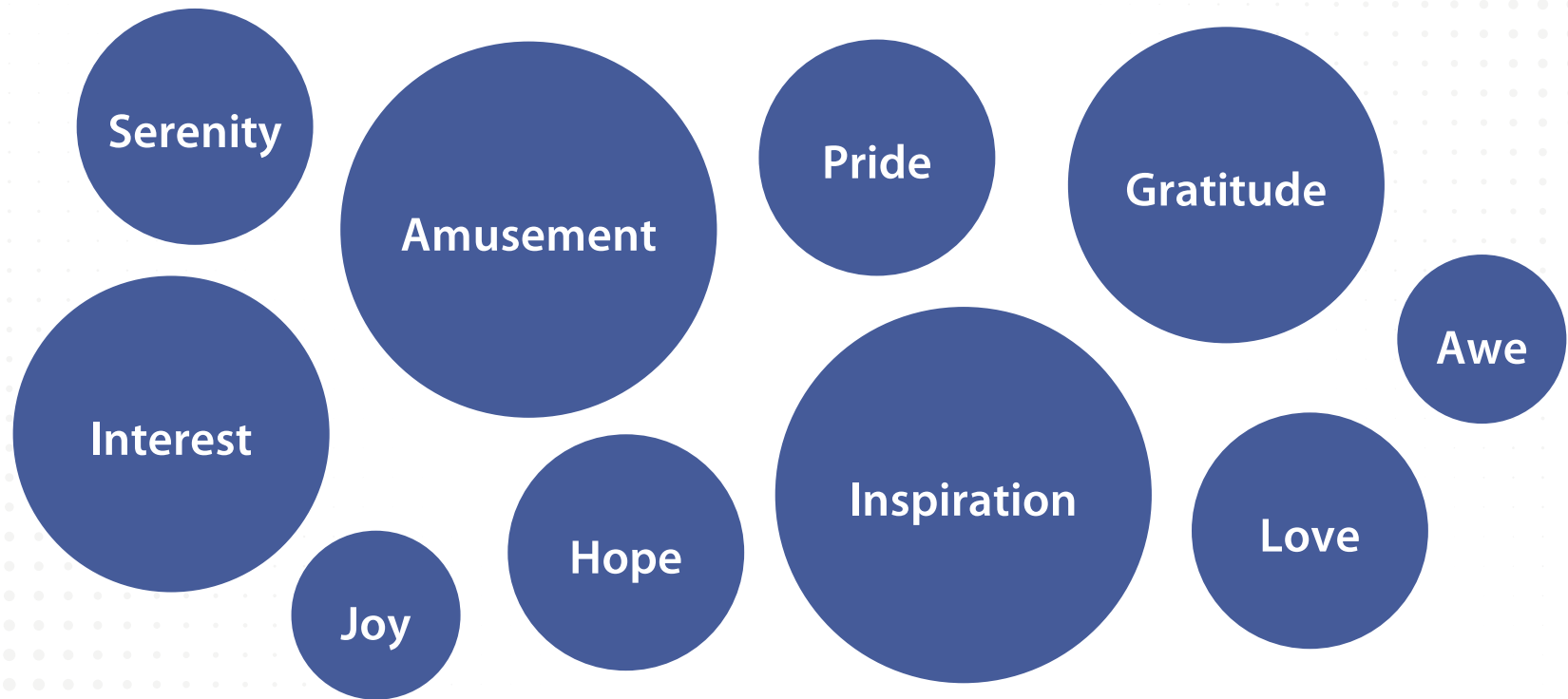
Jolts of Joy teaches us to intentionally experience higher levels of wellbeing and bursts of positive emotions across the day.



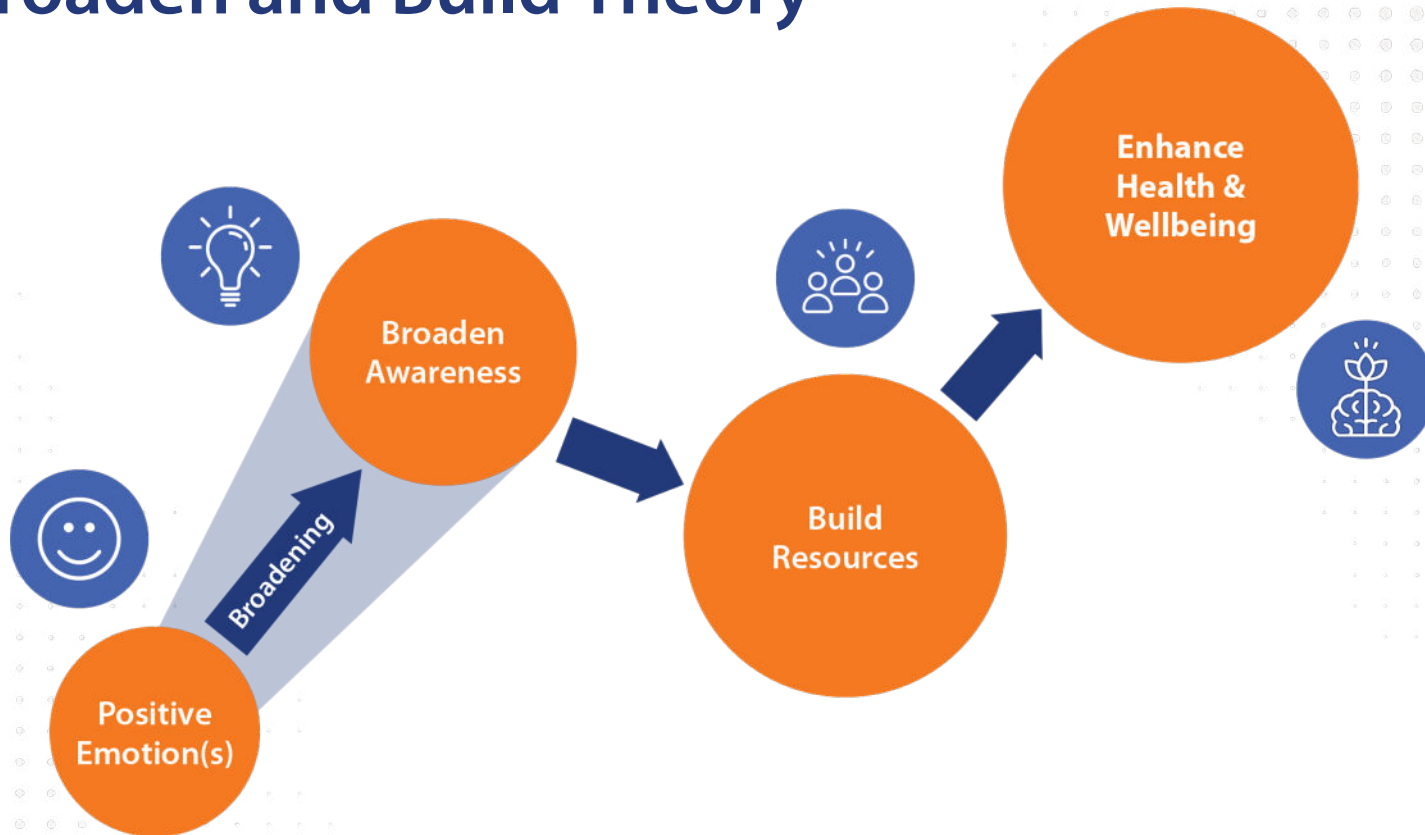


emotions challenge.

10 Big Positive Emotions



The Broaden and Build Theory



Based on works by Barbara Fredrickson

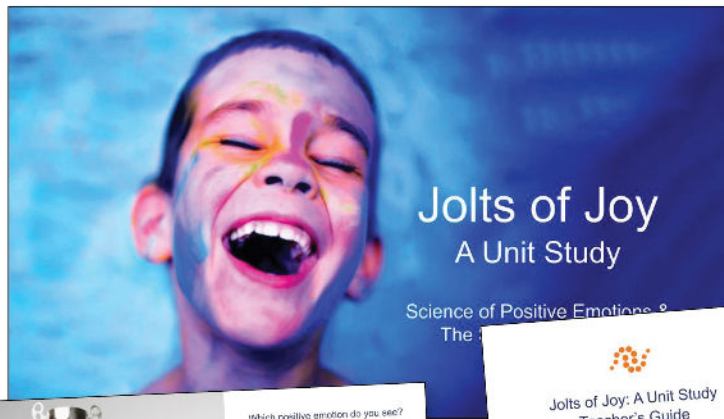
Benefits of Jolts of Joy (Positive Emotions)

- Open our eyes and minds
- Increase creative thinking
- Expand our visual field
- Allow for global thinking & diversity
- Prevent depression and anxiety
- Undoing effect
- Improve cardiac functioning
- Increase healthy sleep

How to Practice Jolts of Joy

- List 10 ways you experience positive emotions
- Include a variety of positive emotions
- Place the list where you will see it everyday
- Engage in a minimum of 3 Jolts of Joy per day
- Consider how you can be a Jolt of Joy for others

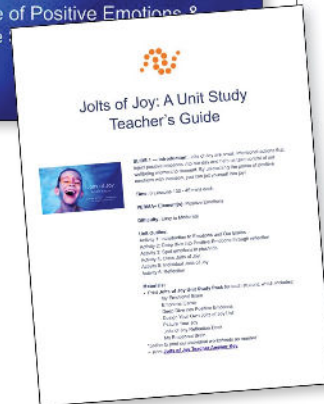
Teach Jolts of Joy



Jolts of Joy
Unit Study Pack

Contents

- My Emotional Brain 2
- Emotions Game 3
- Deep Dive into Positive Emotions 4-5
- Design Your Own Jolts of Joy List 6-7
- Picture Your Joy 8-9
- Jolts of Joy Reflection Deck 10-20
- My Emotional Brain 21



Design Your Own Jolts of Joy List
Pick an emotion from the 'Mora Bank, What 2 things can you do to feel it?

Joy	Love	Gratitude	Awe	Inspiration
Amusement	Serenity	Hope	Interest	Pride

Positive Emotion: _____ I feel this when I ...
1. _____
2. _____

Positive Emotion: _____ I feel this when I ...
1. _____
2. _____

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Positive Emotion: _____ I feel this when I ...
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2. _____

SKILL #4





Showcase the Good



Responding to other people's good news in a way that enhances their joy and enables them to relive the positive experience.



Active Constructive Responding

	CONSTRUCTIVE	DESTRUCTIVE
ACTIVE	<p>Authentically Engaged Showcases Good Builds Joy</p> <p>BE A JOY MULTIPLIER!</p> 	<p>Elaborates Concerns Quashes the News Kills Joy</p> 
PASSIVE	<p>Quiet, Understated Support Happy for the Person Seems Disengaged</p> 	<p>Changes the Channel One-ups the News Ignores the News</p> 

Based on work by Shelly Gable

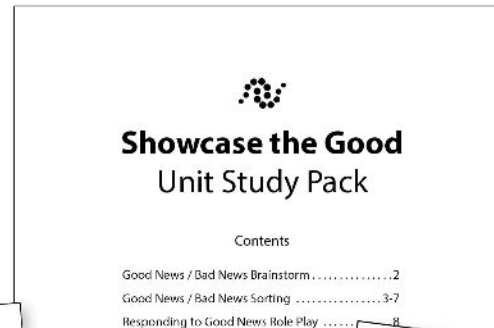
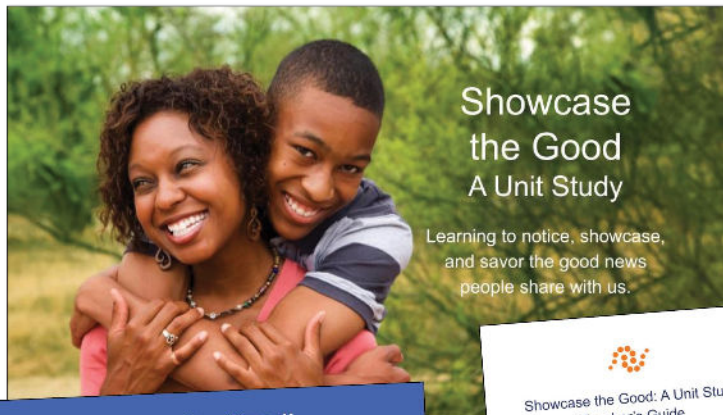
Benefits of Showcase the Good

- Increased wellbeing
- Stronger memories of positive events
- Increased positive affect
- Increased trust
- Stronger social connections

How to Practice Showcase the Good

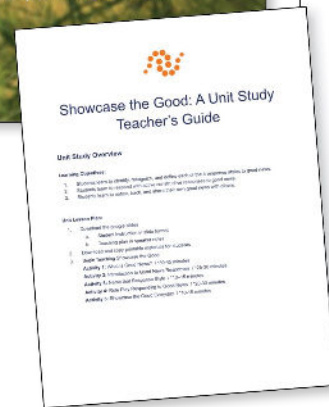
- Share and spot good news
- Lean in when someone shares good news
- Ask questions to help the person relive their experience
- Utilize your strengths to show interest in the good news

Teach Showcase the Good



Showcase the Good!

	CONSTRUCTIVE	DESTRUCTIVE
ACTIVE	<p>Authentically Engaged Showcases Good Builds Joy</p>	<p>Elaborates Concerns Quashes the News Kills Joy</p>
PASSIVE	<p>Quiet, Understated Support Happy for the Person Seems Disengaged</p>	<p>Changes the Channel One-ups the News Ignores the News</p>





**Creating a World Where
Wellbeing Wins
for ALL!**

KEEP CONNECTED

Join the Alliance

When you join the Autism Wellbeing Alliance you commit to creating a world where wellbeing wins for all, including autistic individuals.





KEEP CONNECTED

Visit Our Skill Center

Learn more about the **SKILLS** of happiness!



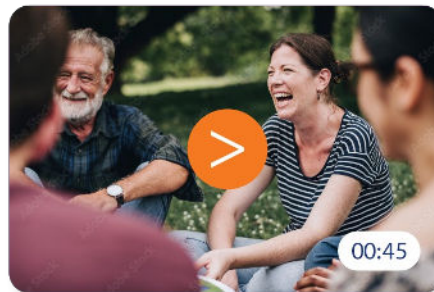
PERMA+ Snapshot

Measure what matters most.
Your wellbeing! Start here with the PERMA+ Snapshot.



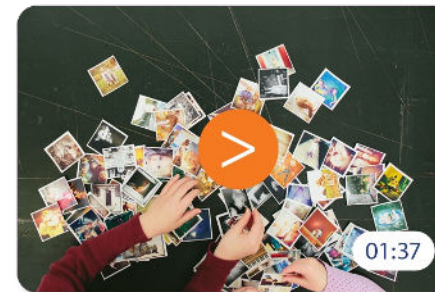
Strengths Spotting

See the positive side of people!
Strength Spot to improve your wellbeing, relationships and life satisfaction.



Positivity Portfolios

The little things count, and add up!!
Use a Positivity Portfolio to feel more positive emotions.



KEEP CONNECTED

Follow Us on Social Media

